

COTTAGE FOOD LAW REPORT

Carroll County

New Hampshire · Ossipee · FIPS 33003 · Population 50,679 ·
Crosodo Index #1747*

STATE BASELINE	STATE TIER	ANNUAL SALES CAP (STATE)	CONFIDENCE	LAST VERIFIED
RSA §143-A:12	Good	Tiered	MEDIUM	2026-05-05

IMPORTANT — NOT LEGAL ADVICE

This report compiles publicly-available statutes, regulations, and county zoning rules into a research reference. It is **not legal advice** and is provided **without warranty** as to accuracy, completeness, or current applicability.

Cottage food law changes frequently. Counties may amend zoning, health departments may issue new permits, and state legislatures may update statutes after the publication date shown above.

Always verify rules directly with your state department of health/agriculture and your county health and planning offices before relying on them for any business or regulatory decision. Consult a licensed attorney for advice specific to your situation.

How to start — 60-second path

Carroll County, New Hampshire — permit, pickup, and label steps before the full county rules.

HOME KITCHEN ALLOWED?

Yes

STATE SALES CAP

Tiered

HOME OCCUPATION PERMIT?

Conditional

ON-SITE / PORCH PICKUP?

Yes

INSPECTION

Upon-complaint

PETS

Not specified in state law.

BEFORE YOU SELL FROM THIS ADDRESS

- ☐ **1. Menu** — Confirm each product under New Hampshire cottage food rules (county cannot expand a state ban).
- ☐ **2. Pickup & zoning** — Home occupation and porch pickup cells above; HOA/lease may still block customer traffic.
- ☐ **3. Local tax / license** — Business license or sales tax certificate if your city/parish requires it (common even with no state food permit).
- ☐ **4. Training** — Food handler or state registration before market day.
- ☐ **5. Labels** — Disclaimer, allergens, ingredients, net quantity, producer info.
- ☐ **6. Call if unclear** — County health and planning for your exact address.

LABEL FIELDS TO INCLUDE

- ☐ Product name · producer name · address (or allowed alternative)
- ☐ Ingredients by weight · major allergens · net weight/quantity
- ☐ New Hampshire home-kitchen disclaimer (see live label one-pager)

CONTINUE ONLINE

[Open the live county page →](#)

[New Hampshire label one-pager →](#)

[Local notes & questions →](#)

Planning path only — not legal advice. Rules change. Always verify with state and local offices before selling.

NEW HAMPSHIRE: CARROLL COUNTY

CROSODO INDEX #1747* · FIPS 33003 · Ossipee

Carroll County

Population 50,679 · State baseline: RSA §143-A:12 · MEDIUM

QUICK VIEW FOR BAKERS IN THIS COUNTY

HOME KITCHEN ALLOWED?

Yes (Must be primary home kitchen. Non-potentially hazardous homestead food products only. Below the sales cap threshold: no license required for sales from homestead residence, farm stand, farmers markets, and retail food stores. Above the threshold or for internet/mail order/restaurant/wholesale: Class H Homestead License required (\$150 fee). No specific sales cap dollar amount confirmed from available sources.)

SEPARATE KITCHEN REQUIRED?

No

PETS ALLOWED?

Not specified in state law.

HOME OCCUPATION PERMIT?

Conditional (Carroll County is a rural NH county with many municipalities. Individual towns govern their own zoning. Recommend verifying with the specific town where the operation is located (e.g., Ossipee, Conway, Wolfeboro area towns) for home occupation permit requirements.)

ON-SITE / PORCH PICKUP?

Yes

INSPECTION REQUIRED?

Upon-complaint (No routine inspection for exempt operations. NHDHHS may inspect upon complaint.)

Home kitchen rules

HOME KITCHEN ALLOWED

Yes — Must be primary home kitchen. Non-potentially hazardous homestead food products only. Below the sales cap threshold: no license required for sales from homestead residence, farm stand, farmers markets, and retail food stores. Above the threshold or for internet/mail order/restaurant/wholesale: Class H Homestead License required (\$150 fee). No specific sales cap dollar amount confirmed from available sources.

SEPARATE DEDICATED KITCHEN

No

PET RESTRICTIONS

Not specified in state law.

WATER SUPPLY

Not specified in state law.

HANDWASHING

Standard sanitation practices; not specifically mandated for exempt operations.

FOOD STORAGE

Products must be non-potentially hazardous.

Inspection & permitting

INSPECTION REQUIRED

Upon-complaint — No routine inspection for exempt operations. NHDHHS may inspect upon complaint.

HOME OCCUPATION PERMIT

Conditional — Carroll County is a rural NH county with many municipalities. Individual towns govern their own zoning. Recommend verifying with the specific town where the operation is located (e.g., Ossipee, Conway, Wolfeboro area towns) for home occupation permit requirements.

LOCAL BUSINESS LICENSE

Varies

Customer-facing rules

ON-SITE CUSTOMER PICKUP	Yes
ON-SITE SIGNAGE	Conditional
DELIVERY / PICKUP RULES	Below threshold: sales from homestead, farm stand, farmers markets, and retail stores allowed without license. Above threshold: Class H license required for internet/mail order/restaurant/wholesale sales.
MAX EMPLOYEES IN HOME	Not specified in state law.

Relevant county code

RSA §143-A:12; RSA §143-A:5(VII); Carroll County town-level zoning codes

RESEARCH NOTES

New Hampshire uses the term 'Homestead Food' not 'cottage food.' Carroll County is a lakes region county with a significant tourist economy. No county-specific cottage food rules found. Municipal-level zoning governs home-based businesses in NH. The Class H Homestead License (\$150) is required for sales above the threshold or to internet/mail order/restaurant/wholesale channels. Label must use 10-point font minimum.

SOURCES VERIFIED AT RESEARCH TIME

<https://www.carrollcounty.gov>

<https://www.dhhs.nh.gov/programs-services/food-protection/homestead-food-licensing>

<http://www.gencourt.state.nh.us/rsa/html/X/143-A/143-A-mrg.htm>

Questions about this county? Local notes and a place to leave a question: crosodo.com/nb/new-hampshire/carroll-county-discuss

Bordering counties — cottage food law

Regulation	Carroll County	Belknap County	Grafton County
HOME KITCHEN ALLOWED	Yes	Yes	Yes
SEPARATE DEDICATED KITCHEN	No	No	No
PETS ALLOWED	Not specified in state law.	No specific state prohibition; good manufacturing practice applies	Pets must be excluded from the food production area during all food production activities.
INSPECTION REQUIRED	Upon-complaint	Upon-complaint	Upon-complaint
ON-SITE CUSTOMER PICKUP	Yes	Yes	Conditional
ON-SITE SIGNAGE	Conditional	Conditional	Conditional
DELIVERY / PICKUP	Below threshold: sales from homestead, farm stand, farmers markets, and retail stores allowed without license. Above threshold: Class H lic...	Below sales threshold: sales from homestead, farm stand, farmers markets, retail food stores permitted without license. Above threshold: Cl...	Homestead food products may be sold from the homestead residence, at the owner's farm stand, at farmers markets, and at retail food stores ...
HOME OCCUPATION PERMIT	Conditional	Varies	Varies
LOCAL BUSINESS LICENSE	Varies	Varies	Varies
RESTRICTIONS	Must be primary home kitchen. Non-potentially hazardous homestead food products only. Below the sales cap threshold: no license required fo...	Non-PHF homestead food products from operator's primary home kitchen may be sold without a license below the annual sales threshold. Above ...	Production must occur in the operator's primary residence home kitchen or a designated food production area within the primary residence. A...
FOOD STORAGE	Products must be non-potentially hazardous.	Non-PHF shelf-stable foods; processed acidified/low-acid canned foods prohibited	Food, equipment, and utensils must be stored in a manner that prevents contamination.
POPULATION	50,679	63,914	90,836

State context — New Hampshire cottage food law

Carroll County's rules sit on top of New Hampshire's state cottage food framework. The state law sets the floor — counties can add but cannot remove protections.

STATUTE

RSA §143-A:12

ANNUAL SALES CAP

Tiered

REGISTRATION REQUIRED

Depends

FOOD HANDLER CERT

No

KITCHEN INSPECTION

Upon-complaint

DIRECT SALES ONLY

No

INDIRECT SALES

Limited (see notes) — Exempt operations (below sales cap) may sell at retail food stores without a license. Sales to restaurants, over the internet, by mail order, or to wholesalers/distributors require a Class H Homestead License under RSA 143-A:4. The department may inspect upon suspicion of imminent health hazard but does not conduct routine inspections of exempt operations.

For the full state-level analysis including the verbatim statute text, see the [New Hampshire cottage food law report](#) on Crosodo, or open the live guide: crosodo.com/states/new-hampshire.

STATE-LEVEL REFERENCES

State statute: <http://www.gencourt.state.nh.us/rsa/html/X/143-A/143-A-mrg.htm>

State dept cottage food page: <https://www.dhhs.nh.gov/programs-services/food-protection/homestead-food-licensing>

Forrager.com: <https://forrager.com/law/new-hampshire/>

Questions about Carroll County? Local notes and a place to leave a question are on Crosodo. We monitor new threads — start with zoning, permits, or porch pickup.

crosodo.com/nb/new-hampshire/carroll-county-discuss

Classifieds

Resources for cottage food & home bakers · crosodo.com/advertise

NATIONAL

SUPPLIES

Advertise here — Supplies

Reach home bakers across the country. crosodo.com/advertise

COURSES

Advertise here — Courses

Reach home bakers across the country. crosodo.com/advertise

INSURANCE

Advertise here — Insurance

Reach home bakers across the country. crosodo.com/advertise

LOCAL

Advertise here

Reach home bakers in Carroll County, New Hampshire. Supply stores, farmers markets, kitchen rentals, and bakery services welcome.

crosodo.com/advertise

Your business here

Local cottage food listings, kitchen rentals, co-packer referrals, and community events — post yours on Crosodo.

crosodo.com/nb/new-hampshire/carroll-county-discuss

Free ad space available

Let us know if you're a non-profit or community organization. Farmers markets, kitchen rentals, and cottage food events near you welcome.

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